

# Only By Prayer And Fasting

## Fasting in the Scriptures

### Part 3

*“This kind can come out by nothing but prayer and fasting.”*

The Bible has many examples of individuals who sought God’s help and blessing through fasting. In this session we look at the kinds of things they were praying about, as well as statements from the Mrs. White.

#### 1 Coming Into harmony With God

2 “By prayer and fasting, by self-examination and confession of sin, they  
3 [Ezra and those with him] sought to come into harmony with God and  
4 his holy law.” {RH February 13, 1908, par. 13}

5 “Let our churches in every place fast and pray, each man humbling his  
6 own heart before the Lord. Do not seek to humble the soul of your  
7 brother or sister, but let each set his own heart right before God. Confess  
8 your sins one to another, and pray one for another. Continue to pray until  
9 the yokes are all broken from the necks of our brethren and the desire to  
10 rule has been quenched.” {Lt 224, 1907, par. 13}

#### 11 Seeking the Holy Spirit

12 “Before the power of the Holy Ghost rested upon the disciples, they  
13 spent ten days before God in prayer and fasting and confession of sin.  
14 After they had come into unity, the heavens were opened, the glory of  
15 God was revealed, and the Holy Spirit came upon them.” {Ms 77, 1902,  
16 par. 58}

17 “The work of a united, converted church, with prayer and fasting for the  
18 Holy Spirit of God to be revealed, will bring the angelic agencies very  
19 near.” {AUGleaner January 8, 1902, par. 4}

#### 20 Overcoming Sin In the Church

21 “There are sins of this same character among us today [Oppression and  
22 lack of love], and they bring the rebuke of God upon his church. Where-  
23 ever such sins are found, seasons of fasting and prayer are indeed neces-  
24 sary; but they must be accompanied with sincere repentance and decided  
25 reformation. Without such contrition of soul, these seasons only increase  
26 the guilt of the wrong-doer.” {RH October 13, 1891, par. 6}

27 “When declension and danger threaten the church, there will be more  
28 praying, more fasting, by the faithful few, and the Lord will answer the  
29 prayers offered to him in sincerity, and at the same time he will come  
30 forth as an avenger because of the guiltiness of the evil-workers.” {RH  
31 December 11, 1888, Art. C, par. 3}

### 32 Calling Upon God

33 “Wake up, brethren; wake up from your peace and safety attitude and  
34 seek the Lord while He may be found; call ye upon Him while He is  
35 now nigh, in every church, with fasting, with confession and true repen-  
36 tance of heart.” {T15 25.2}

### 37 Overcoming

38 “Let us humble our souls before God by humiliation, fasting and prayer,  
39 repentance of sin, and putting it away.” {Lt 55, 1886, par. 15}

40 “If ever we are as a people to become elevated, cleansed, and purified, to  
41 reach the highest standard, we must now seek Him with heart and soul  
42 and voice, with fasting and prayer.” {Lt264-1902.12}

### 43 Increasing in Faith.

44 “In order to succeed in such a conflict they must come to the work in a  
45 different spirit. Their faith must be strengthened by fervent prayer and  
46 fasting, and humiliation of heart.” {DA 431.2}

### 47 Seeking Wisdom

48 “Spread every plan before God with fasting, with the humbling of the  
49 soul before the Lord Jesus; and commit thy ways unto the Lord, and the  
50 sure promise is that He will direct thy paths.” {Lt 45, 1893, par. 27}

## 51 Overcoming the Devil

52 “They [Those struggling with evil spirits] should entreat those who have  
53 had a religious experience, and who have faith in the promises of God,  
54 to plead with the mighty Deliverer in their behalf. It will be a close con-  
55 flict. Satan will reinforce his evil angels who have controlled these per-  
56 sons; but if the saints of God with deep humility fast and pray, their  
57 prayers will prevail.” {1T 343.2}

58 “When Satan comes up with his power to oppress us, we must have faith  
59 in God and beat him back, and if we could not get the victory, we should  
60 fast and pray and we should surely get the victory and triumph over Sa-  
61 tan.” {Ms 7, 1850, par. 14}

## 62 Seeking Unity

63 “There should be brethren in the church who have wisdom, who can  
64 speak decidedly regarding this case. ... I do not believe that God wants  
65 me to take any such burden upon me. If they cannot settle such things  
66 among themselves by prayer and fasting, then let them continue fasting  
67 and prayer till they can.” {Ms 2, 1913, par. 2}

## 68 Seeking To Understand Truth

69 “Is not this a time when it would be highly proper to fast and pray before  
70 God? We are in danger of variance, in danger of taking sides on a con-  
71 troverted point; and should we not seek God in earnestness, with humili-  
72 ation of soul, that we may know what is truth?” {RH February 18, 1890,  
73 par. 19}

## 74 Attaining Witnessing Success

75 “And whenever it is necessary for the advancement of the cause of truth  
76 and the glory of God that an opponent be met, how carefully and with  
77 what humility should they go into the conflict. With heart-searching,  
78 confession of sin, and earnest prayer, and often fasting for a time, they  
79 should entreat that God would especially help them and give His saving,  
80 precious truth a glorious victory, that error might appear in its true defor-  
81 mity and its advocates be completely discomfited.” {1T 624.2}

82 Seeking Laborers

83 “Oh, I do feel that we should appoint one day in a month for fasting and  
84 prayer for the Lord of the harvest to raise up men who shall go into the  
85 field and sow the seeds of truth.” {Lt 15, 1879, par. 5}

86 To Cleanse the Heart and Have Receptive Minds

87 “For certain things, fasting and prayer are recommended and appropri-  
88 ate. In the hand of God they are a means of cleansing the heart and pro-  
89 moting a receptive frame of mind. We obtain answers to our prayers be-  
90 cause we humble our souls before God.” {Lt 73, 1896, par. 7}

91 Working With Our Children

92 "For more than twelve years we have taken only two meals each day, of  
93 plain, unstimulating food. During that time, we have had almost con-  
94 stantly the care of children, varying in age from three to thirteen years.  
95 We worked gradually and carefully to change their habit of eating three  
96 times a day to two; we also worked cautiously to change their diet from  
97 stimulating food, as meat, rich gravies, pies, cakes, butter, spices, etc., to  
98 simple, wholesome fruits, vegetables, and grains. The consequence has  
99 been that our children have not been troubled with the various maladies  
100 to which children are more or less subject. ... Children reared in this way  
101 are much more easily controlled than those who are indulged in eating  
102 everything their appetite craves, and at all times. They are usually cheer-  
103 ful, contented, and healthy. Even the most stubborn, passionate, and  
104 wayward, have become submissive, patient, and possessed of self-con-  
105 trol by persistently following up this order of diet, united with a firm but  
106 kind management in regard to other matters."

107 Fasting Resources



108 *This Discussion Guide was created for the 2022 GYC Conference in*  
109 *Phoenix, AZ, by Dan Augsburger of Path2Prayer Ministries. Find more*  
110 *resources on fasting and other subjects at [discipleheart.com](http://discipleheart.com). Contact*  
111 *Dan by email: [discipleheart@protonmail.com](mailto:discipleheart@protonmail.com). 2023 Pt 3*